

Program Schedule for the Tupelo Aquatic center (08/08/2016-10/29/2016)

Monday

Water Works	7:30-8:30am	EP Pool	Beth
Golden Waves	10-11:00 am	EP Pool	Shea
Pretzel Kids (Yoga for 4-8 yr olds)	3:45-4:15pm	BancorpSouth RM	Mel
Aquatic Fitness	5:15-6pm	EP Pool	Shea
Zumba (Land)	5:15-6 pm	BancorpSouth RM	Vicki
Piyo (bring a mat)	6-6:45 pm	BancorpSouth RM	Vicki

Tuesday

Golden Waves	10:15-11am	EP Pool	Vicki
Gentle Yoga (bring a mat)	11:15-12pm	BancorpSouth RM	AB/AL
Splish Splash (12 and under)	11:30-12:30	EP Pool	(Begins Sept 6, 2016)
Pretzel Kids (7-12 yrs.) Begins Sept 6, 2016	3:30-4:00pm	BancorpSouth RM	Angie
Aqua Zumba	5:45-6:30 pm	EP Pool	Vicki
N2 Deep	6:30-7pm	Competition Pool	Vicki

Wednesday

Water Works	7:30-8:30am	EP Pool	Beth
Splish Splash (12 and under)	4pm-5:30pm	EP Pool	(Begins Sept 7, 2016)

Thursday

Gentle Yoga (bring a mat)	8:45-9:45am	BancorpSouth RM	AB/AL
Golden Waves	10-11:00am	EP Pool	Vicki
Pretzel Kids (7-12 yrs.) Begins Sept 8, 2016	3:30-4pm	BancorpSouth RM	Angie
Splish Splash (12 and Under)	11:30-12:30	EP Pool	(Begins Sept 8, 2016)

Friday

Water Works	7:30-8:30am	EP Pool	Beth
Turbo Kick	8:45-9:30	BancorpSouth Rm	Vicki
Gentle Yoga (bring a mat)	10-11am	BancorpSouth RM	Mel

Saturday

Zumba (Land)	8:30-9:15	BancorpSouth RM	Vicki
Aqua Zumba	9:30-10:15am	EP Pool	Vicki
N2 Deep	10:30-11am	Competition Pool	Vicki

Descriptions of Classes: Water Works/Golden Waves (low to medium impact) Aqua Fitness/Aqua Zumba (low, medium to high) Turbo Kick/PIYO/Yoga is for every ability. N2 Deep (high impact) Pretzel Kids is a Yoga/Stretch Class for Children (bring a Mat)

**** All classes are subject to change and classes cancelled due to lack of participation or instructors. ****

No Classes Aug. 1-7, August 20, Sept 24, Oct 22, 2016 Oct 15, 2016 is one class of Zumba (land)-8:30-9:15am

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